



Mary Hodson

Director, Sex Therapy New Zealand

Abnormal lover function - Sex therapy - Concurrent Workshop Repeated

Saturday, 11 June 2011

Start 2:00pm

Duration: 55mins

Works

Start 3:05pm

Duration: 55mins

Works

 **Rotorua GP CME 2011**
New Zealand Medical Association

General Practice Conference & Medical Exhibition



09-12 June 2011 | Energy Events Centre | Rotorua



ABNORMAL LOVER FUNCTION





- **37%** ♂
- **43%** ♀
- **10% SAY**

BARRIERS TO DISCUSSING SEXUAL PROBLEMS

- **PATIENT DISCOMFORT**
- **LACK OF CONFIDENCE**
- **TIME PRESSURE**



- **UNDER ESTIMATING**
- **LACK OF TRAINING**
- **FEW OPTIONS**





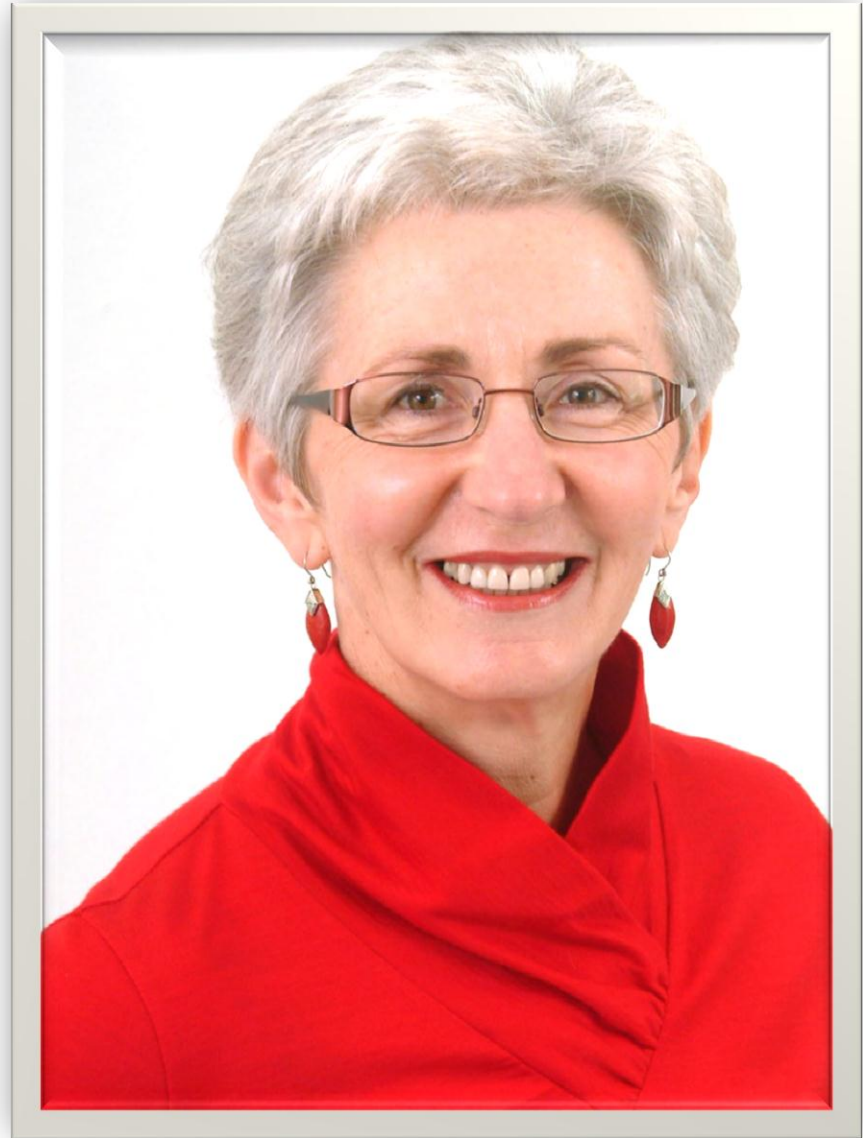


SEXUAL DYSFUNCTION: WHAT TO LOOK FOR AND HOW TO SOURCE EFFECTIVE TREATMENT



STNZ

ROBYN SALISBURY
PSYCHOLOGIST



**BAY OF
PLENTY**

- **TAURANGA**
- **ROTORUA**
- **WHAKATANE**

WAIKATO

- **TAUPO**
- **HAMILTON**

WAIARAPA

- **WELLINGTON**

TARANAKI

- **SKYPE VIDEO CONSULTS**





TREAT OR REFER?





Abnormal liver function → specialist

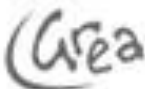


Doctor, I would like to see my medical records in regard to the period when my systolic ejection murmur was heard at the 2nd right intercostal space.



I'm sorry sir, but I never show my patients their records because they lack the knowledge needed to properly interpret the information.




sangrea.net





KNOWLEDGE





ASSESSMENT





TREATMENT





RESOURCES



CORRELATIONS BETWEEN:

- 1. STRONG INTIMATE RELATIONSHIPS,
STRONG FAMILIES AND BENEFIT TO
SOCIETY**
- 2. PROBLEMATIC SEXUAL BEHAVIOUR
DESTROYS INTIMATE
RELATIONSHIPS**





COMPLEXITIES OF TREATMENT

OUT OF CONTROL SEXUAL BEHAVIOUR



- **IMPULSIVE**
- **COMPULSIVE**
- **THOUGHTS**
- **FEELINGS**
- **BEHAVIOURS**
- **DISTRESS**
- **IMPAIRMENT**

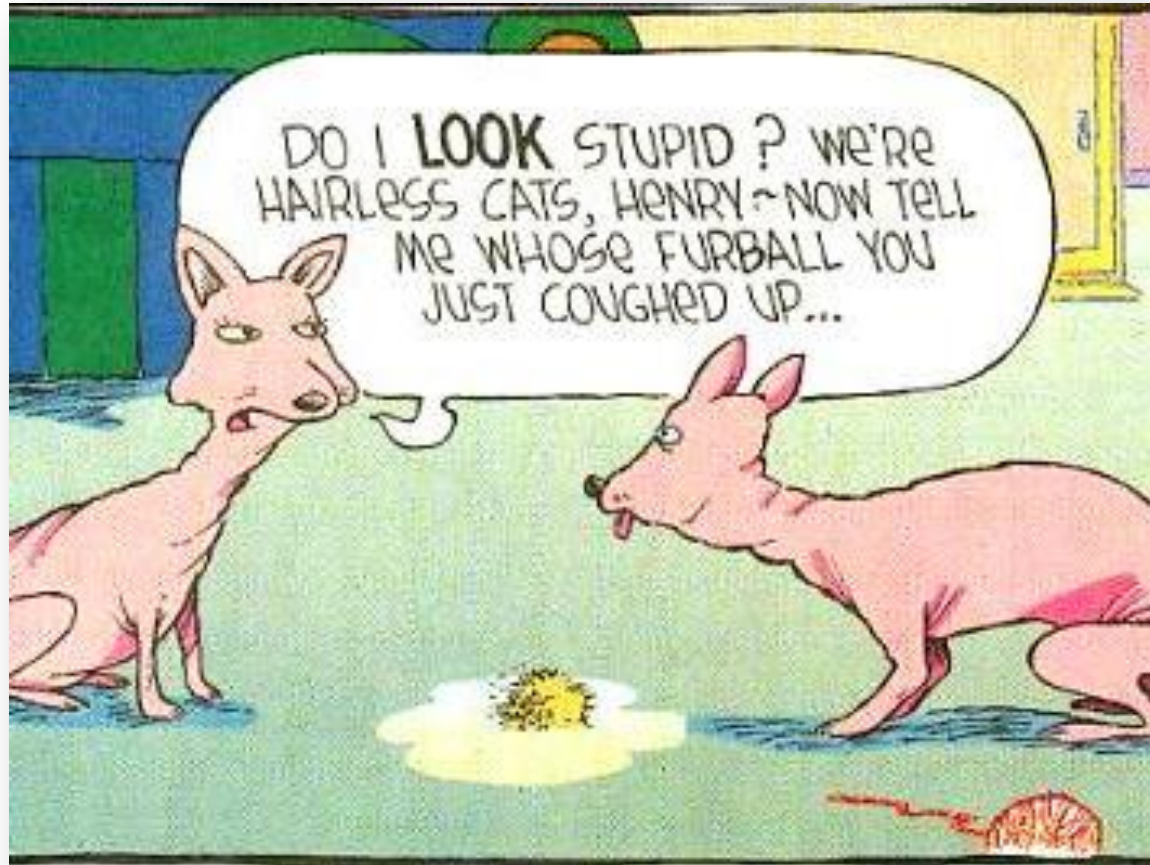


- **PHONE SEX**
- **EXCESSIVE GAMING**
- **INTERNET PORN SITES**
- **INTERNET DATING**



- **ONLINE CHAT RELATIONSHIPS**
- **FREQUENTING PROSTITUTES**
- **EXCESSIVE DAILY MASTURBATION**
- **ONLY MASTURBATION**





SERIAL PHILANDERING





RESEARCH INTO OOCBS



TIEFER'S CLASSIFICATION SYSTEM

DSM IV

- Desire disorders
- Arousal disorders
- Pain Disorders
- Paraphilia

TIEFER

- Socio-cult factors
- Partner and relationship factors
- Psychological factors
- Medical factors



- **N = 621**
- **♂ 386 ♀ 233**
- **2 TRANSGENDERED**
- **CONTROL + 214 OOCSB = 407**
- **18 TO 77 YEARS MEAN: 35.72**
- **84% EUROPEAN**



- **When my partner is out of sight, I worry that he or she might become interested in someone else.**
- **I rarely worry about my partner leaving me.**
- **I'm afraid that once a romantic partner gets to know me he or she won't like who I really am.**



- **77% HETEROSEXUAL**
- **17% BI-SEXUAL**
- **5% HOMOSEXUAL**
- **26% OTHER ETHNICITIES**
- **80% 1 YEAR + RELATIONSHIP**



CONTROL GROUP

OOCBSB GROUP

- **Different sexual behaviours**
- **Trying to stop**
- **Neglecting life**
- **Too much time**
- **Problems**
- **↑ sedatives**



ADULT ATTACHMENT STYLES

CONTROL GROUP

- Secure
- Safe
- Trustworthy
- Desirable and rewarding

OOCSB GROUP

- Insecure
- Threatening
- Anxiety
- Avoidance





TREATING OOCBS



- **APPROACHES**
- **DEVELOPMENT**
- **ATTACHMENT THEORY**
- **SEXUAL RESPONSE CYCLE**
- **IMPACTS ON FUNCTIONING**
- **INTIMACY**
- **CHALLENGES**
- **ABNORMAL PSYCHOLOGY**



TREATMENT GOALS FOR OOCBSB

- 1. ESTABLISH ABSTINENCE**
- 2. MINIMISE THREATS**
- 3. REFRAME ATTITUDES**
- 4. RESTORE RESPECT**



1. ESTABLISH ABSTINENCE

- **MAXIMISE MOTIVATION**
- **LIMIT OPPORTUNITIES**
- **IDENTIFY DRIVERS AND TRIGGERS**



2. MINIMISE THREATS

- **NEUTRALISE DRIVERS**
- **ELIMINATING TRIGGERS**



3. REFRAME ATTITUDES

- **QUESTION AND ADAPT**
- **RESTORE SELF-RESPECT**



4. RESTORE RESPECT

- **RE-ENGAGE**
- **RECOMMIT**
- **SUCCESS**





WHO TO REFER TO?





SEX THERAPY

NEW ZEALAND LTD (STNZ)

Specialists in intimacy and sexuality



PARAPARAUMU

WHANGAREI

AUCKLAND

HAMILTON

TAURANGA

ROTORUA

HAWKES BAY

PALMERSTON NTH

WELLINGTON

NELSON

CHRISTCHURH

DUNEDIN



- **APPROACHES – CBT, EFT**
- **LIFESPAN DEVELOPMENT**
- **ATTACHMENT THEORY**
- **SEXUAL RESPONSE CYCLE**
- **IMPACTS ON FUNCTIONING**
- **DANCE OF INTIMACY**
- **CHALLENGES TO CLOSENESS**
- **ABNORMAL BEHAVIOUR**



www.sextherapy.co.nz





Sex Therapy New Zealand Ltd (STNZ)

Welcome to our website. STNZ is a growing nationwide counselling service and referral network for anyone seeking help with a wide range of sexuality concerns such as: erectile problems, loss of interest in sex, 'falling out of love', sexual addiction problems including internet sex, at risk sexual behaviours, atypical sexual practices. These are just some of the issues handled by the service.

STNZ promotes life enhancing intimacy and sexuality. We achieve this through provision of -:

- Best practice assessment and treatment of all intimacy and sexuality concerns
- A referral network
- Delivery of education programmes
- Raising awareness through media
- Research.

STNZ is not an emergency service. If you have a medical or mental health emergency please contact your local medical provider. We recognise that people will feel a sense of urgency and our therapists make every effort to see clients within a reasonable time frame.

Our team currently includes 14 sex therapists across a large part of the country, who are also qualified and experienced psychologists, counsellors or psychotherapists that have been hand-picked because they have the right personal attributes to work well with people experiencing a sexual or intimacy concern. It also includes Robyn Salisbury, a clinical psychologist, sex specialist and published author, who writes a regular sex Q & A feature in the

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SEX THERAPY
NEW ZEALAND LTD (STNZ)

Specialists in intimacy and sexuality

Get Sex Therapy

STNZ offers many types of assistance for individuals and couples with sexual and intimacy concerns:

- Face-to-face appointments

STNZ has therapists working across New Zealand

[BOOK HERE](#)

If you have any questions check out our [frequently asked questions](#).

Or [contact us](#).

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Book a Consultation

Please note: On-line consultations are unavailable due to the Christchurch earthquake

Your Name:

Partner's Name:

Street Address:

Town/City:

Daytime Phone:

After Hours Phone:

Mobile Phone:

Email Address:

Specific
Requirements

Location:

- ☐ Auckland - From Mt Eden and North Shore to the North (\$189.10)
- ☐ Auckland - From Parnell and Ponsonby to the South (\$165.00 - \$189.10)
- ☐ Hamilton (\$185.00)
- ☐ Tauranga (\$165.00)
- ☐ Rotorua, Taupo and Whakatane (\$165.00)
- ☐ Hawkes Bay (\$130.00)
- ☐ Palmerston North and the Manawatu (\$140.00 - \$185.00)
- ☐ Wellington (\$185.00)
- ☐ Nelson (\$130.00)
- ☐ Christchurch - Spreydon (\$140.00)
- ☐ Christchurch - Upper Riccarton (\$150.00)
- ☐ Dunedin (\$130.00)
- ☐ Online Consultation (\$115.00)

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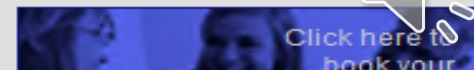
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"We are so intimate now there's meaning and happiness in our lives that I've never experienced before."

R.M. Auckland





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STNZ TEAM

Read about our team by clicking on a name

Regional Directors



[Allyson Waite](#)
Auckland
Central and
North

Some of our
therapists
prefer to
have no
picture

[Paula Dennan](#)
Auckland
Central
and South



[Mary Hodson](#)
BOP, Central

Therapists



[Kathryn Barriball](#)
Ponsonby



[Pauline Griiffiths](#)
Mount Eden



[Paul Willoughby](#)
Whangarei

Palmerston North and Hawkes Bay
Wellington Region
Nelson
Christchurch
Dunedin Area

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"I had no idea we could enjoy sex this much or feel so close. I was a fool to let pride stop me from getting help years ago."

KW, Palmerston North



Join our email newsletter

Bay of Plenty

Bay of Plenty, Central North Island and Wellington Regional Director:

Mary Hodson is based in Tauranga and runs clinics in Rotorua and Whakatane



BA (Ed), Dip Occupational Therapy (Distinction), Accredited Sex Therapist (STNZ Ltd) TTC, NZCER (CSp), MNZAC, MNZROT.

Mary, who completed sex therapy training in 2005, has been working in counselling, health and disability related fields since she graduated in 1983. Although, her early work was with families that were struggling to cope with either alcohol abuse and its' attendant problems or with anxiety, depression, compulsive and personality disorders or serious physical disability, she also taught community based counselling courses and Occupational Therapy and Human Services courses at Polytechnics. Mary is a member of both the New Zealand Association of Counsellors and the Association of Occupational

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Therapists in Auckland Central
and North Auckland

Auckland Central and South

Bay of Plenty

Waikato Region

Palmerston North and Hawkes
Bay

Wellington Region

Nelson

Christchurch

Dunedin Area

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(0800 739 843)





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Specialists in intimacy and sexuality



REFERENCES:

- 1. KINGSBERG S. A. PH D,
CLEVELAND OBSTETRICS &
GYNECOLOGY CLINICS OF
NORTH AMERICA**



2. ROBYN SALISBURY, “MANAGING SEXUAL PROBLEMS FOR MEDICAL PRACTITIONERS.”

**(ONLINE-TRAINING, GOOD FELLOW UNIT,
AUCKLAND MEDICAL SCHOOL)**



3. TIEFER, L. (2006). FEMALE SEXUAL DYSFUNCTION: A CASE STUDY OF DISEASE MONGERING AND ACTIVIST RESISTANCE. PLOS MEDICINE, 3(4), E178.



4. FAISANDIER S. 2010, MASSEY UNIVERSITY HONOURS PROJECT.

SUPERVISORS:

**ROBYN SALISBURY, CLINICAL PSYCHOLOGIST, STNZ
DR JOANNE TAYLOR, ACADEMIC SPECIALIST .**



5. ROBYN SALISBURY, “SEX THERAPY ADVANCED TRAINING COURSE”

(GOOD FELLOW UNIT, AUCKLAND MEDICAL SCHOOL)

